

Lamb in Creamy Cashew Sauce Recipe

Ingredients: Serves 4-6

50g raw cashew nut pieces
125ml boiling water
900g boned leg of lamb
4 large garlic cloves, roughly chopped
2.5cm piece root ginger, roughly chopped
90g whole milk plain yoghurt
50g ghee or unsalted butter
1 large onion, finely sliced into half rings
½ teaspoon ground turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon ground nutmeg
½-1 teaspoon chili powder
225ml warm water
1 teaspoon salt
150ml single cream
½ teaspoon garam masala
1-2 tablespoons rose water

Method:

Soak the cashews in the boiling water for 15-20 minutes. Puree the nuts and their soaking water. Wrap the lamb in a piece of clingfilm and beat with a meat mallet to flatten it to a thickness of about 5mm. Cut the flattened meat into thin slices, about 5 x 1cm. Put the garlic, ginger and yoghurt in a blender and process until you have a smooth puree. In a heavy-based saucepan, melt the ghee or butter over a medium heat, then add the onion and fry, stirring frequently, until lightly browned (6-8 minutes). Reduce the heat to low and add the spices. Cook for about a minute and add the meat. Increase the heat to high and stir-fry the meat for 3-4 minutes until it changes color. Add 2 tablespoons of the blended ingredients and stir-fry for 2-3 minutes. Repeat this process until you have used up all the blended yoghurt mixture. Reduce the heat and continue to cook the meat, stirring frequently, for 4-5 minutes. When the fat floats to the surface, add the warm water and the salt, bring to the boil, cover and reduce the heat to low. Simmer until the meat is really tender (45-50 minutes), stirring occasionally. Reserve one tablespoon of the cream and add the remainder, along with the cashew nut puree. Simmer gently, uncovered, for 6-7 minutes. Stir in the garam masala and the rose water. Transfer to a serving dish and swirl the reserved cream on top.